

LAKELAND 100  
CHECKPOINT 1 SEATHWAITE  
Checkpoint Staff: Special Kids in the UK



Newfield Inn

CP1  
Seathwaite  
Village Hall

- Location: In Duddon Valley on unmarked road between Cockley Beck and Ulpha
- 2 minutes up the road (North) from Newfield Inn
- Nearest postcode: LA20 6ED
- Grid reference: 229961
- All facilities available (electricity, water, toilets, chairs, tables)
- Feeding: Yes – malt loaf, cake, bananas, water
- SI-card electronic timing station
- Comms link to Race HQ
- Next checkpoint: Eskdale (Boot)
- Distance to next checkpoint 10.8km (6.7m)
- Ascent: 355m (1165ft)
- Descent: 410m (1345ft)
- Distance covered so far: 10.3km (6.4m)